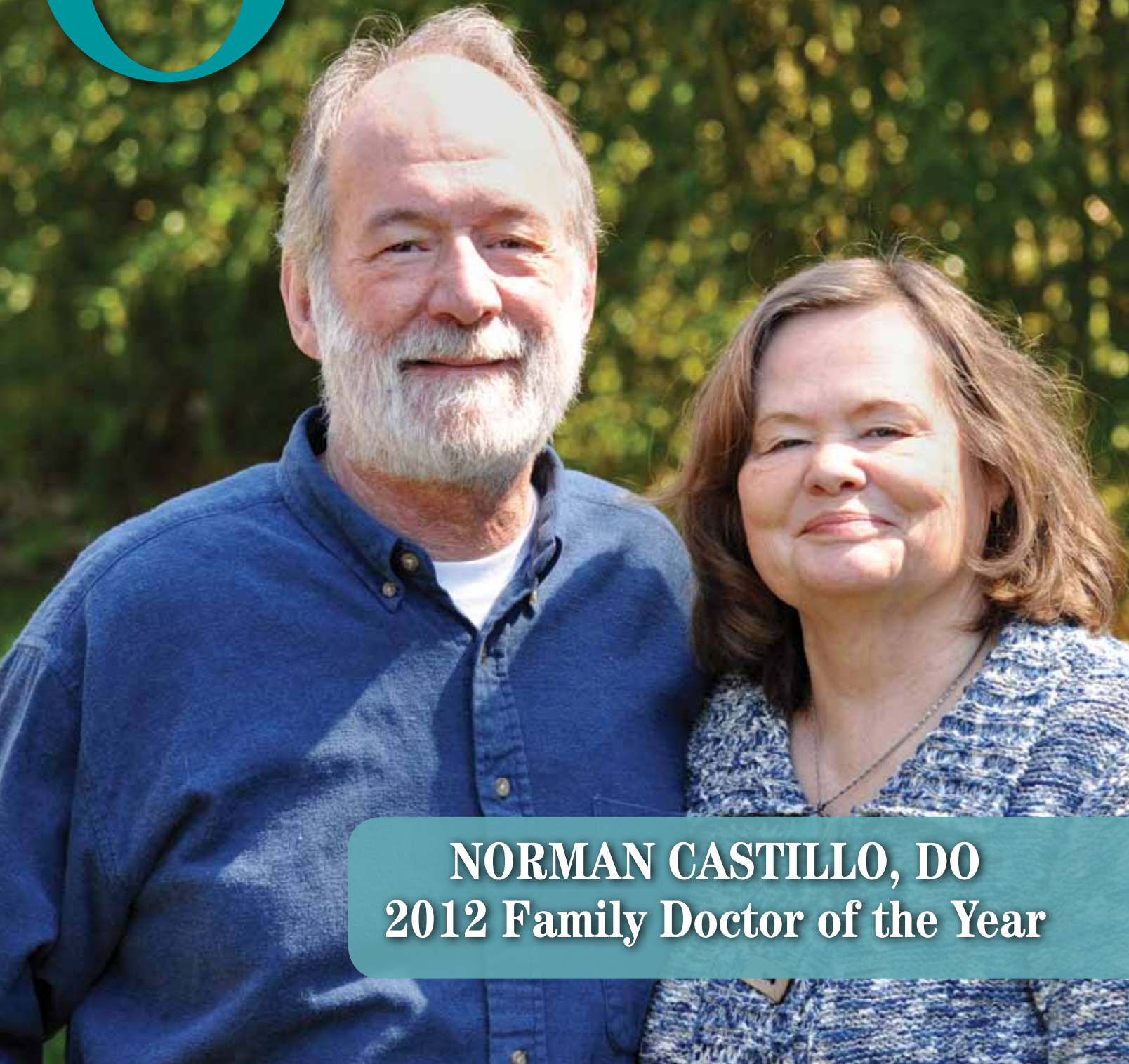


Family Physicians of Oregon

VOL XVI • NO 4 • SUMMER 2012



NORMAN CASTILLO, DO
2012 Family Doctor of the Year



Oregon Academy
of Family Physicians



THE OFFICIAL MAGAZINE OF THE
OREGON ACADEMY OF FAMILY PHYSICIANS



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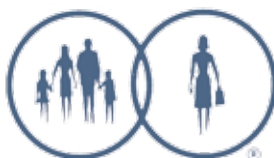
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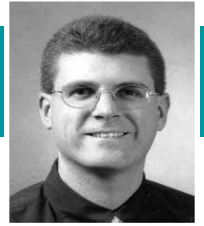


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● PRESIDENT'S MESSAGE



GARY PLANT, MD

“Let me tell you a story.” Living in Northeast Tennessee for six years, I came to appreciate both a good story and a good storyteller. Let me tell you a couple of my own.

I didn't always want to be a family doctor. In fact, I wasn't sure what I wanted to do. It was a conversation with my own family physician, **David Cutsforth, MD**, from Philomath, Oregon, that led me to understand that my aptitude for science and math could be combined with my desire to help others in a career in medicine. That turned out to be one of the formative conversations of my life, starting me down a road that led to a medical degree and a residency in family medicine.

On a call night with the internal medicine service near the end of my intern year, one of my continuity maternity patients arrived at the hospital in labor. No sooner had I slipped up to the OB floor to admit her and call my attending obstetrician when my pager went off and I was headed for the emergency room for the first medical admission of the evening. After checking in with the ER attending, I began my assessment of the patient, who had presented with chest pain. The next patient had pneumonia; the next, heart failure. Each patient was worked up with my senior resident and reviewed with our attending internist. In between each admission, I would head back up to the OB floor to check the progress of my patient. Two more admissions followed — a pulmonary embolism that required

admission to the ICU, followed by another person with chest pain. Finally, I got the call that my patient was ready to deliver. I rushed to the birthing suite where the attending obstetrician stood in the doorway in street clothes to watch the delivery. After delivering the baby, I examined and admitted the newborn infant, who I would check out to the pediatric attending in the morning. On my way to the call room for some much

needed rest, I was interrupted once again by the pager. A patient had died on one of the medical floors. After performing the pronouncement exam and documenting the patient's death, I sat with a family I had never met and went through the ritual of telling them their loved one had died. Stepping back onto the elevator on the way to my bed, I caught myself whistling a happy tune and was suddenly struck by two powerful realizations. First, what an incredible privilege and responsibility it is to touch the beginning and end of life, to see people at their best and worst, joyous and most grief-stricken, and still be able to whistle in the elevator on the way to bed! Second, it occurred to me that I was the only person in the hospital that night with the training and experience

At a time when a broken health care system changes with increasing speed, our contact and experience with every other part of the system puts family physicians in a unique position to influence the outcome, creating a system that has as its foundation family physicians providing the highest quality care to improve the health of our patients and communities.

needed rest, I was interrupted once again by the pager. A patient had died on one of the medical floors. After performing the pronouncement exam and documenting the patient's death, I sat with a family I had never met and went through the ritual of telling them their loved one had died. Stepping back onto the elevator on the

to take care of each of those patients. I tell you these stories for a reason. Each of us has a story about how we came to be a family physician. For many, it includes a conversation or experience with a mentor that led to a decision to pursue the life of a family doctor. In turn, we may each be that mentor to another

Graduating Family Medicine Students Honor Their Mentors

young future family physician. Be aware of opportunities you have to influence the next generation of students, friends, and relatives, and be willing to tell your story.

Finally, although family physicians choose from a variety of practice opportunities with varying scope and style, we share a common experience in the very broadest scope of training of any specialty. At a time when a broken health care system changes with increasing speed, our contact and experience with every other part of the system puts family physicians in a unique position to influence the outcome, creating a system that has as its foundation family physicians providing the highest quality care to improve the health of our patients and communities. Our story continues, and we must continue to share it for the health of Oregon!

On Saturday, April 14, OHSU students ready to depart medical school and begin their family medicine residencies, gathered at the Red Star Tavern to say thanks to the physicians who have taken time to counsel, advise, and listen to them over the past few years.

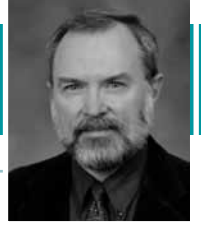
This year's 22 students entering family medicine residencies honored the following mentors: **Betsy Anderson, Steve Baker, Carol Blenning, Jim Calvert, Sumathi Deverajan, Lisa Dodson, Scott Fields, Jessie Flynn, Shefaa George, David Hall, Meg Hayes, Mike Hodulik, Bob Holland, Andrew Janssen, Kevin Johnston, Tanya Kapka, Gail McClave, Allison Mitchell, Tanya Page, Josh Reagan, Amanda Risser, John Saultz, Jon Schott, Subra Seetharaman, Elizabeth Steiner, Steve Wahls, Johanna Warren and Brett White.**



Andrea Gough with her mentors, Tanya Page, MD and Subra Seetharaman, MD.



Annika Giesbrecht and Geoff Maly celebrate with Drs. Andrea and Andrew Janssen.



JOHN SAULTZ, MD,
CHAIR OF FAMILY MEDICINE, OHSU

REMEMBERING PETER

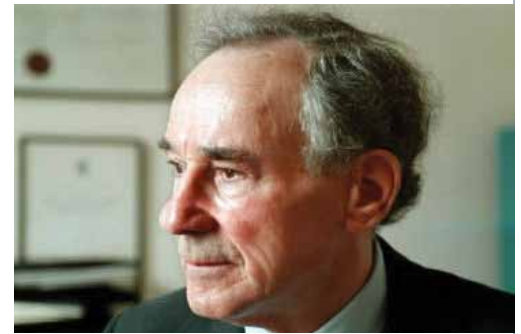
To Oregon family physicians over the age of 45, there is only one Peter. We have had several Bobs and a few Petes, but **Peter Goodwin** was a constant fixture at our annual meetings and was instantly recognizable by his engaging smile and charming South African accent. During my job interview at OHSU in 1985, Peter and Erica Goodwin hosted the faculty recruitment dinner for my wife and me. I moved across the country and joined the growing family medicine department at OHSU in part because of that dinner. What marvelous hosts they were! Peter was president of the OAFP that year and was at the top of our profession. He was surgically gifted and a wonderful teacher, but Peter was much more than a proceduralist and educator. He was a humanist, a passionate advocate for social justice, and a wonderful practice partner. He was generous, kind, and passionate about his work. He was a great friend at a time when that word had far more meaning than a simple Facebook designation.

On Sunday, March 11, Peter died at his apartment in Portland. Many of us knew that he was approaching the end of his life. He talked openly about his illness and about his commitment to retaining control over his life to the end. The week before he died, he



called many of his friends to say goodbye. I talked with him two days before his death. From that conversation, it was clear that Peter was convening his family for the purpose of ending his life during the ensuing weekend. I told him that I hoped he would change his mind. He told me he loved me. I did not sleep much that weekend. Instead, I hoped and prayed that he would reconsider or that his family would prevail on him to wait. On Monday, March 12, I received an email telling me he was gone.

We had extensive debates at several OAFP annual meetings about Oregon's law that legalized physician-aid in dying. To say that these debates were contentious is to understate the passion of our members on both sides of the issue. Peter was a strong voice in favor of its passage. I was, and remain, a supporter of the law. I am glad I live in a state where Peter's family, friends and physicians can support his choice without fear of prosecution. Pe-



ter had the choice about how to manage the end of his own life. God gave him free will. The founding fathers of our country gave him the right to pursue happiness with self-determination. Since he was considered to be in the last six months of his life, the Oregon Death with Dignity Act made his choice legal. So why am I still so uncomfortable? Perhaps it is just grief, but I think it is something more. No matter how much I think about it, I cannot reconcile my own personal values with Peter's choice. I suspect I am not alone in this dilemma.

Peter gave dozens of interviews in the weeks before he died. He influenced thousands of lives. He had a lot to say about important things and I do not think he had said all of it by the time his voice went silent. There are medical students who never met him and residents who never had the chance to discuss medicine's special role in society with him. Peter's physical dis-

abilities were progressing and were enormously frustrating for him, but I have cared for scores of patients with severe disabilities. The Death with Dignity Act does not apply to these patients because they are not in the last six months of their lives, but how would I explain Peter's choice to them if I were asked? My faith tells me that life and death are God's decision, not ours. I support Peter's right to choose, but his choice leaves a nagging ache that goes beyond the pain of loss. Am I being selfish? Would it really be fair to expect more from this wonderful man who had already given us so much? Peter was a man of great integrity. He lived in accordance with a firm set of values and he knew that not everyone agreed with these values. I suspect that he would understand our dilemma. The Death with Dignity Act is far easier to support in principle than in reality. Peter's death exposes this reality for each of us in a very personal way.

So, how do we carry on in a world without Peter? I want to remember him as he lived, but I fear I will remember most how he died. Perhaps the wound will heal with time. I hope so because Peter's life certainly was glorious and worth celebrating. I suppose the meaning of his life and the impact of his death will play out differently for each of us. Peter Goodwin was a gift from God to Oregon family medicine. My last words to Peter were to tell him that I loved him too. I'm glad I had the chance to love him and I'm glad he let me tell him so. Perhaps that is what matters most.



HAVE YOU MOVED?

The annual OAFP Directory will be published this fall. (The directory is mailed to OAFP members only.) If you have moved in the past year, or changed your phone or email information, please contact the OAFP office at mail@oafp.org or FAX us at 503-528-0996 by August 1, 2012.



● PUBLIC POLICY AND LEGISLATIVE AFFAIRS

EVAN SAULINO, MD, PHD, COMMISSION
ON EXTERNAL & LEGISLATIVE AFFAIRS CHAIR

Like a metaphor representing the hope we have for better health care, it was beautiful and sunny in Oregon, but rainy and uncomfortably humid in Washington, D.C. when four OAFP representatives – **Elizabeth Steiner-Hayward, Robyn Liu, Mike Grady,** and I – arrived for the AAFP Congressional Conference and met with our Congressional Delegation in mid-May.

Just a week earlier, the Center for Medicare and Medicaid Services had agreed to provide Oregon with \$1.9 Billion to fund our efforts to improve health care delivery and overall health for our Oregon Health Plan (OHP) population by transforming to a community-based, whole-person Coordinated Care Organization model. The unprecedented cooperation and care improvement work we are pursuing here in Oregon has been the envy of national health policy experts for awhile, but the announcement of this “bet” we’re making to control costs and improve outcomes has generated a buzz even among front-line practicing physicians across the nation. Our efforts have provided a beacon of hope for some physician advocates that they too might be able to muster the powers that be to engage in conversation and work together towards better health and economic sustainability in their home states.

In contrast, the mood in Washington, D.C. seemed tempestuous; with the Supreme Court ruling on the Affordable Care Act decided but not yet made public, the seemingly widening partisan divide taking us further from solutions, and the typical election posturing preventing much from being accomplished before the November election. Looking ahead, the dreaded “lame duck” session that comes after the election



Pictured from left to right: Robyn Liu, MD, Mike Grady, MD, U.S. Senator Jeff Merkley, State Senator Elizabeth Steiner Hayward, MD, and Evan Saulino, PhD, MD.

(from November to January) appears to be forming into a congealed mess - looming like a thunderstorm that could envelop the Affordable Care Act (even if the Supreme Court upholds the law), the Sustainable Growth Rate (SGR), Medicare/Medicaid, and many other programs critical to our most vulnerable citizens – such as food stamps and Head Start. Even some of our promising health care reform efforts in Oregon could be directly affected by the outcome of that messy “lame duck” session.

But just like the sunbreaks that come through the dark clouds on a blustery winter day in the Willamette Valley, there were a few rays of positive energy which helped solidify my belief that there may be better days ahead.

Senators Jeff Merkley and Ron Wyden both expressed interest in supporting and possibly sponsoring legislation that has been proposed and developed by the AAFP to modernize Graduate Medical Education

(residency training) funding. This legislation would implement pilot projects to create and test accountable funding mechanisms. This would foster more non-hospital based training and produce more of the primary care physicians we need for the 21st century, rather than so many procedure-heavy subspecialists who can bill Medicare more and thus pad training hospital budgets under funding rules set up nearly half a century ago. This bill has already been introduced in the House (House Resolution 3667). Representative Suzanne Bonamici, our newest House member, has signed on as one of the bipartisan co-sponsors, and staff for Representatives Blumenauer and Schrader expressed interest in supporting this bill as well.

Always willing to try something innovative, Senator Wyden related his excitement about the collaboration with Senator Portman, a Republican from Ohio, on introducing a bill that would create

the Medicare "Better Health Rewards" Program - an incentive program for Medicare beneficiaries to improve their health. We discussed how this voluntary program, which is a "carrot" not a "stick" for patients, could potentially be implemented in our Medicaid (OHP) population as well. This program could fit very well with our CCO and Patient-Centered Primary Care Home initiatives in Oregon. We will continue our communications with Senator Wyden and his staff to investigate and develop the potential of these proposals.

In addition to strategies to improve our primary care workforce and take on payment reform, our conversations in Senator Merkley's office also included some modest but concrete new ideas proposed by the Senator. These included more publicly available medical device safety data and

tracking, and benefits for certain important but non-covered necessities like compression wraps for women suffering lymphedema following breast cancer surgery.

Even with all the turmoil in Washington, D.C., we heard over and over how important it is that we show up to "petition the government" – a right protected in the First Amendment of the Bill of Rights – a right so many others in this world do not enjoy. When family physicians meet with policymakers to tell the frontline stories of our patients, to share our hope for a health care system that makes commonsense and works better for all Americans, and to express our determination to be part of solutions that work, we have the power to break down walls. It is doctors and patients working together that results in healing, and that same foundation can bridge the partisan divide. So regardless of

what happens in our nation's capital over the next few months, our long-term success or failure will have less to do with the winds in Washington, D.C., and more to do with our participation in direct advocacy for the long-term, and the on the ground determination of family physicians and other health professionals to improve the health of our patients and our communities.

Final Note: For the second year in a row, we met with 5 of our 7 federal legislators; we did not secure meetings with Representatives DeFazio or Walden because we did not have members from their districts join us in Washington, D.C. Next year, we aim to have "key contacts" from all of Oregon's legislative districts join us with their voices to "petition the government" and work to bridge the partisan divide to make health care work better.

Sign Up Now to Attend the Obstetric Ultrasound Course

*Sponsored by the:
Oregon Academy of Family Physicians
Oregon Health & Sciences University Family Medicine Department
Providence Milwaukie Family Medicine Residency Program*

When: August 11, 2012 1:30 p.m. - 6:00 p.m.
Where: OHSU Center for Health & Healing
Course Instructors: Bob Gobbo, MD & Joanna Warren, MD
Cost: \$375.00

A must-attend didactic and hands-on training for physicians, residents, and midwives on obstetrical ultrasound. Upon conclusion of this course, participants will be able to:

- . Understand the physics of ultrasound energy,
- . Achieve competence in labor & delivery use of obstetrical ultrasound,
- . Recognize an intrauterine pregnancy and perform a mean sac diameter (MSD) measurement,
- . Perform basic fetal biometry measurements, and
- . Introduce participants to the components of basic fetal anatomic scans.



For more information, contact Peggy O'Neill, OHSU Family Medicine Department.

NORMAN CASTILLO, DO

The 2012 Oregon Family Doctor of the Year

"We have been spoiled by Dr. Castillo. The time and energy he has given to our family – the approachability, the understanding, and the interest he shows to each person is unmatched. Words cannot express our gratitude to him and how thankful and privileged we feel to be his patient, neighbor, and friend."

"This award was made for Dr. Castillo – he's earned it with decades of providing the finest care American medicine has to offer."

"Not only have I learned a great deal as a product of his extensive experience with patient care, but he has taught me how to extend compassionate listening to every patient. My practice and professional knowledge have been markedly influenced by his gentle and patient approach to care."

These sentiments were repeated again and again by **Dr. Norman Castillo's** colleagues, patients, medical students and friends, most of whom knew him for the 33 years he has been serving the people of Corvallis. Dr. Castillo, a family physician known for working and living outside the box, has a heart for the medically underserved, a passion to make quality health care possible for all, and an all-encompassing drive to attend to the needs of his community. On Saturday, April 14, during the Annual OAFP Spring CME Weekend, these special qualities were revealed to all in attendance at the Celebration luncheon as he was named the 2012 OAFP Oregon Family Doctor of the Year. Dr. Castillo's wife, children, grandchildren and staff members were on hand for the surprise announcement.

The Oregon Family Doctor of the Year award recognizes physicians who provide compassionate, comprehensive family medicine on a continuing basis; are involved in community affairs; and who provide a credible role model professionally and personally to their community, other health professionals and residents and medical students.

Before becoming a fixture in the Corvallis community, Dr. Castillo attended medical school at Des Moines University College of Osteopathic Medicine (where he was honored with the Outstanding Family Practice Student award) and completed his residency at the University of Arizona



Dr. Norm Castillo surrounded by his family members.



Staff members celebrate with Dr. Castillo.

College of Medicine Family Medicine Program. In addition to working in his own full spectrum practice, Castillo Family Medicine, for the past eight years, Dr. Castillo has made significant contributions to educating local area athletes about the dangers of head trauma, has been at the forefront of treating and understanding the needs of patients with substance abuse, started a Chess Club in the local schools, is a faculty member of Oregon State University and Western Health Sciences University, was on the road with "Mad As Hell Doctors" in support of health care reform, and was also Medical Director of both the Corvallis Manor and the Pacific Ridge Residential Treatment Facility.

But did you know that Dr. Castillo's progressive nature, and its positive affects on medicine, have been in force since day one of him taking the Hippocratic oath? In fact, Dr. Castillo:

- Is one of the first doctors in the country and the first doctor in Oregon, to use the no-scalpel vasectomy technique on his patients? Trained in the technique brought to the U.S. from China in the late '80s, Dr. Castillo went on to train scores

of physicians around the state to provide this less-invasive form of surgery;

- Helped to start a safety net clinic in Corvallis that so successfully provided quality, respectful care, that four other such clinics have been put in place to serve the needs of the Linn/Benton community; and

- Was instrumental in getting the surgeon general warning label on chewing tobacco by introducing a resolution at an OAFP CME meeting some 30 years ago.

Is there more to say about Dr. Norman Castillo? Of course, but this family physician will tell you that the most important thing about him is his family and how blessed he feels to be a family physician. "There is no higher honor in one's life than to be recognized by your peers. That recognition and affirmation is incredible," said Norm after hearing his name called.

Dr. Castillo's name will be submitted to the American Academy of Family Physicians in nomination for the American Family Doctor of the Year.

STUDENTS SPEAK OUT!

Features stories from OHSU students involved in the Family Medicine Interest Group



FMIG students with conference keynote speaker, Dr. Abraham Verghese.

The marathon that is medical school is nearly halfway over for the OHSU School of Medicine's class of 2014. Soon we will be finished with our basic science curriculum, and on to our USMLE Step 1 study period. After two years of listening to lectures and reading textbooks, I can sense that our class is really excited to expand our medical knowledge by learning from clinicians and patients alike on the wards. Finally, we have arrived at a point where we can practice what we all came to medical school to do -- take care of patients.

Transition to clinical clerkships has afforded me the opportunity to reflect on the many fond memories I have as co-chair of the Family Medicine Interest Group (FMIG) over the last year. A few events in particular stand out. In April, I attended the OAFP Spring CME weekend along with many of my classmates. We had the opportunity to hear Dr. Abraham Verghese speak on the values of the physical exam, among other things. We all left that afternoon eager to

go home and hone our physical examination skills. On Friday night of the conference, Nathan Defrees (FMIG co-chair) and I, with the help of the Family Medicine Department, hosted a social at Rock Bottom Brewery in downtown Portland. It was a unique opportunity for OHSU FMIG students to get together with Family Medicine residents and physicians from across the Northwest in a casual social environment. The event was fun and educational. In my conversations with family medicine physicians from around the area, I learned everything from what it is like to work in small communities, such as John Day, to what it is like to direct residency programs at large institutions, like at the University of Washington. We even had the honor of hearing from AAFP President, Dr. Glen Stream! I know that I can speak for my fellow students when I say that we all had a wonderful time. All of us students greatly appreciated it!

Finally, in early May, we held our annual end of year international dinner.

Dr. Ann Tseng, from OHSU Family Medicine at Gabriel Park, spoke to the value of having a family medicine training background while performing international work. She felt especially equipped to deal with chronic disease, which is having a huge impact on individuals throughout the world. She has worked in several different countries since medical school, and she spoke to us specifically about her recent work in Cambodia and Indonesia. Events like this make me so excited about the future that Family Medicine has to offer me -- so many possibilities!

In preparation for our clerkship year, Nathan and I will be leaving our roles as FMIG co-chairs. We are sad to be leaving this role; however, we plan to continue to be active participants in the group. Incoming second year students Ben Holland and Joe Volpi will be taking over. They already have tons of awesome ideas, and we are really excited to see in what direction they take the group in the upcoming year!

65TH ANNUAL SPRING CME WEEKEND DRAWS RECORD CROWDS

"I gained several new strategies."

"I now have increased confidence in my suturing and joint injection techniques."

"Provided an abundance of new and encouraging information."

"Great tools provided that I can use in my practice right away."

"I will remember this (Verghese) presentation every day – changing the way I approach patients. This alone, was worth the trip."

Once again the OAFP and the Oregon Rural Practice Research Network (ORPRN) successfully combined their annual spring meetings on April 12 -14 at the Portland Embassy Suites Hotel and provided thought-provoking research, an inspiring address from keynote speaker Dr. Abraham Verghese, and jam-packed procedural workshops on dermatologic surgical skills, joint injection techniques, integration of early childhood caries prevention, Nexplanon insertion training and a SAM Study Hall on Depression. In addition, a day long session for physicians and their practice managers was attended by over sixty participants wanting to gain the knowledge necessary to progress towards becoming a Patient-Centered Primary Care Home.

Of course, fellowship with colleagues still ranks high on the list of reasons to come to this annual meeting and members had a chance to catch up with old friends, and get acquainted with new during the Thursday evening OHSU Department of Family Medicine Statewide Faculty Meeting, the Friday evening "Shop 'Till You Drop" Foundation Auction and Happy Hour, the FMIG student gathering with residents and physicians, as well as the Saturday afternoon Celebration Luncheon.

Whatever your specific reason for attending this year's meeting, we are glad you came and look forward to you joining us for the 2013 Spring CME Weekend at the Salishan Lodge on April 11-13.



New OAFP President, Gary Plant, and his wife, Jill.



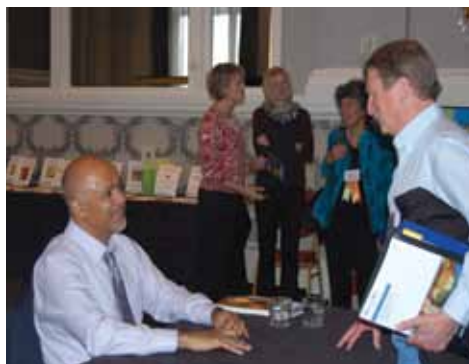
Dr. Atul Deodhar explaining proper joint injection techniques.



John Saultz, MD addressing the attendees of the OHSU Statewide Faculty Meeting.



Abraham Verghese, MD explaining the role and importance of the bedside exam.



Abraham Verghese, MD and Richard North, MD at book signing.



FMIG students enjoy taking part in CME activities. Front row: Kaeley Anderson & Nathan Defrees. Back row: Joseph Volpi, Andrew Peckham, Anna Olson & David Simmons.

Thank You

We wish to offer a big thank you to the following sponsors of our 65th Annual CME Weekend. Their financial support helped the OAFP continue to offer the vital academic information and training that our members need to know.

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FOUNDATION NEWS

Thanks to the supporters of the 2012 OAFP Foundation Shop 'Till You Drop Auction!

Truffle making parties, bird hunting in Eastern Oregon, fine wines, fabulous photography, uniquely crafted wooden furniture, gourmet dinners, scrumptious homemade pies, a hot air balloon ride raffle and gift certificates to hotels, restaurants, and events near and far brought out the best in the OAFP participants of this year's "Shop 'Till You Drop" Foundation Auction. As you all know, the OAFP/Foundation is the philanthropic arm of the OAFP and the auction is our major fundraiser of the year. The totals are in and the 2012 "Shop 'Till You Drop" Auction raised well over \$19,000! Because of the generous support of donors, the OAFP/Foundation will be able to continue to support family physicians, residents and medical students through the Laurel G. Case Award for Rural Experiences, the Mary Gonzales Lundy Award, the Tar Wars Anti-Tobacco Program, the Oregon Consultation Project, the Ethics Lecture Fund and the Locum Tenens Program, as well as the activities of the FMIG.

We appreciate each of these donors of goods, services, and cash donations for their generous support. A special thanks to our OAFP members and Foundation board members (noted in italics) who contributed to the incredible offerings at this year's auction:

Shannon & Macgregor Agan
Pat Ahlen, MD
Al's Garden Center
Annie Bloom's Books
Artist's Repertory Theatre
Bijou Cafe
Broadway Rose Theatre Company

James Calvert, MD & Wendy Warren, MD
John Case, Classic Chauffeur
Cheesecake Factory
Kim Childs, Keller Williams Realty
Chocolates by Bernard
Columbia Gorge Hotel
Jane Conley
Cornerstone Wealth Management
Corvallis Family Medicine, PC
Maria Czarniecki, MD and Brian McCormick
Peter & Lisa Dodson, MD
Michelle & Mark Dorman
Embassy Suites Downtown Portland
Shawn & Charles Engelberg
Lynn & Jeff Estuesta
Genie's Cafe
Jenny & Mike Grady, MD
Audrey Graham
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Sen. Elizabeth Steiner Hayward, MD
Deb & John Hollister
Hood River Hotel
Imago Theatre
Imperial River Company
Julie & Mark Johnson
Marcia Kies, Hasson Company
Lan Su Chinese Gardens
Lakewood Theatre Company
Nancy and Dan Leedy, MD
Mary & Richard Lundy
Mark Lyon, MD
Susan & Fred Matthies, MD
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Andrea & Dennis Mehigan
Mother's Bistro
Mt. Bachelor
Mt. Bachelor Village Resort
Northwest Children's Theatre
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Oregon Decorative Rock
Oregon Freeze Dry, Phil Unverzagt
Oregon Garden Resort
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Marilou & George Waldmann, MD
Wanderlust Tours
Carol & Cliff Wesner
Keith White, MD
Willamette Valley Vineyards
World Class Wines

If you were unable to attend the April auction, you can still donate to the OAFP Foundation. Just contact Lynn Estuesta at (503) 528-0961 or mail@oafp.org.

BRITT SEVERSON
2012 LUNDY
AWARD WINNER



Britt Severson and Mary Gonaes Lundy

For the past 12 years, the Oregon Academy of Family Physicians Foundation has awarded a \$3,000 scholarship to a fourth year OHSU medical student committed to the specialty of Family Medicine. The award is named in honor of Mary Gonzales Lundy, former Executive Director of the OAFP.

Students are required to submit a curriculum vitae, a personal statement and an essay entitled, "My Ideal Practice" in their Lundy Award applications to the OAFP Foundation Board of Trustees. This year, the Foundation Board reviewed ten qualified applicants and announced the 2012 Lundy Award recipient, Britt Severson, at the Spring CME Weekend held in April at the Portland Embassy Suites Downtown.

Britt grew up in Eugene, Oregon and majored in Molecular, Cellular and Developmental Biology and minored in Biochemistry at the University of Colorado at Boulder (UCB). While attending UCB, she was elected to Phi Beta Kappa. She then received her MPH degree from Johns Hopkins Bloomberg School of Public Health with a concentration in Women's and Reproductive Health. In addition, Britt is certified as a Nursing Assistant and is a Medical Spanish Interpreter.

Britt has a strong interest in International medicine and as Founder and President of the Foundation for International Medical Relief of Children, organized and participated in medical mission trips to Nicaragua, Costa Rica, and India prior to medical school. She served as the Co-chair of the OHSU Global Health Alliance and was one of 10 students who received the Foundation for Medical Excellence OHSU Medical Student Scholar Award.

In July, she will begin her residency at the Exemplar Saint Joseph Residency Program in Denver, Colorado. Congratulations and good luck to you, Britt.

STUDENTS VIE TO BE THE 2012 TAR WARS POSTER CONTEST WINNER

It's hard to imagine that for the past 20 years, our members have been presenting the Tar Wars anti-tobacco education program to fourth and fifth grade students across the state of Oregon. In the last few years information has been added to deal with a variety of harmful smokeless tobacco products; but overall, the goal to help young students understand the effects of tobacco use, and, just as importantly, to understand the overt pressures of advertising, have remained consistent. The OAFP Foundation supports this program by providing the educational materials free of charge to the physicians and the classrooms as well as sponsoring a yearly poster contest complete with prizes.

In this issue of the magazine we wish to honor our Tar Wars poster contest winners, as well as those volunteers who took the time to present this important information to students in their local communities.

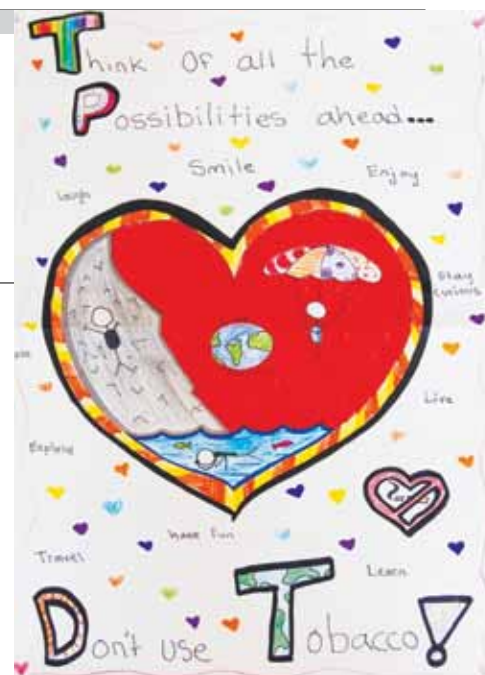
In the national tobacco-free poster contest, students are encouraged to create their own positive message. With over 100 posters to choose from at the annual CME meeting held in April, physician members overwhelmingly chose the poster with the message, "Think of all the possibilities . . . don't



Jefferson Elementary students take top prizes in the Tar Wars poster contest. From left to right: Cameron Montagne, winner Lucy Bloomer & Nathaniel Hartman.

use tobacco!" submitted by Lucy Bloomer from Kristin Erickson's fifth grade classroom at Jefferson Elementary in Corvallis, Oregon. Longtime Tar Wars advocate, **Troy Garrett, MD**, was the volunteer presenter at Jefferson Elementary.

To our surprise, Cameron Montagne from Ms. Erickson's classroom, and Nathaniel Hartman, from Kristin Silbernagel's classroom (another Jefferson Elementary teacher) were also ranked as one of our top five poster contest winners. A very creative bunch hails from Corvallis! The other two awards went to Elaissa Martinez Cronques in Holly Sarich's



Lucy Bloomer's first place poster

classroom at Trost Elementary in Canby (the presenters were OHSU students **Nancy Nguyen** and **Anita Baghaee**), and Olivia Schmidt in Kathy Smith-Griffith's classroom at Heppner Elementary (the presenter was **Betsy Anderson, MD**). Congratulations to each of you. The students will receive a \$50.00 gift certificate, and as the teacher of the grand prize winner, Lucy Bloomer, Ms. Erickson will also receive a \$50.00 gift certificate for use in her classroom. Lucy's poster will be sent to Washington, D.C. to be judged in the national poster contest this summer.

A special thanks to our 2012 presenters:

Betsy Anderson, MD	Stephanie Laudert	Shu Feng	Michelle Ritter, MD
Bianca Argueza	Robbie Law, MD	Carolyn Foley	Andrew Reyna
Carrie Austin	Roulan Liu	Lara Gamelin, MD	Michael Ryan
Anita Baghaee	Leanna Mah	Troy Garrett, MD	Kate Schousen
Holly Balsbaugh, FNP	Katie McQuillan, MD	Margaret Gorman	Isaac Siegfried
Daniel Barrett, MD	Lance McQuillan, MD	Dominique Greco, MD	Sawyer Smith
Laura Bradley	Autumn Metzger	Liska Havel	Ron Stock, MD
Cole Burbidge	Shannon Moseley	David Hays, MD	Carlos Suarez, MD
Kevin Carrol	Jared Nelson, MD	Benjamin Holland	Brandon Teng
Carly Cox	Nancy Nguyen	Joe Kent	Lindsay Tesar
Heather Davidson, PA-C	Reynold Orchard, MD	Ola Lafi	Jacylyn Thiessen
Shanley Deal	Neil Olsen, MD	Steven Larsen	Allison Uyemura
Amy Dorius	Janet Patin, MD	Bethany Laubacher	Steven Wahls, MD
Rebecca DUBY	Ian Penner, PA-C		

GARY PLANT INSTALLED AS NEW PRESIDENT



Gary Plant, MD takes his oath as 65th OAFP President from AAFP President Glen Stream, MD.

Gary Plant, MD, a Madras family physician, assumed his role as the 65th President of the Oregon Academy of Family Physicians at the Academy's annual celebration luncheon on April 14 at the Portland Embassy Suites Hotel Downtown. Dr. Plant has been a member since 2004 and on the Board of the Academy since 2006; his term as President will last one year.

Dr. Plant received his medical degree from

East Tennessee State University (ETSU) James H. Quillen College of Medicine in 2002. His education included a rural primary care track, providing multidisciplinary education focused on issues of primary care in rural areas. He completed an accelerated family medicine residency at ETSU Family Physicians of Bristol, Tennessee in 2004.

Upon finishing his residency, Dr. Plant moved back to Oregon with his family and joined Madras Medical Group, a privately-owned group of five family physicians and one physician assistant. Dr. Plant enjoys a full spectrum of family medicine including inpatient and outpatient care of infants, children, and adults; maternity care including C-sections; upper and lower endoscopy; and an interest in office skin surgery.

Dr. Plant has served for six years on the board of the Central Oregon Independent Practice Association. He is on committees for infection prevention and utilization review and serves as the chair of the Obstetrics committee at Mountain

View Hospital in Madras.

Dr. Plant and his wife, Jill, met in the Oregon Marching Band and continue to make music together as members of a local band called Box Canyon Bluegrass. They have three children: Emily, 10, Justin, 8, and Amanda, 6 years old. Their family is active in the United Methodist Church, and they enjoy hiking, camping, boating, and fishing together.

Plant states, "Health care reform at the state and federal level requires rapid and fundamental change in the way we care for our patients and their families. The Oregon Academy of Family Physicians is helping its members transform their practices into patient-centered primary care homes and working with the State of Oregon to build a health care system that is based on a strong foundation of primary care. Most importantly, we must preserve our greatest asset—the long-term, continuous relationships that family physicians have with their patients and their communities."

MATCH DAY 2012

OHSU Medical Students Take Next Step As Family Physicians

Would they be packing their bags to move cross country, or staying put in the Portland metro area to begin the next step of their medical careers?

Twenty-two OHSU family medicine residency students found out their fate on March 16 during the annual Match Day event. At the stroke of 9:00 a.m. the students rushed to receive their envelopes – some instantly ripping them open; others holding back, wanting a bit of privacy, before determining where they will be spending their years of residency training.

Here's how fourth year student, Kathryn Wolpert, summed up her feelings regarding Match Day: "A whirlwind of joy, pride, exhilaration, relief, and a touch of apprehension burst through me as I stared down at my residency match. Those few words spelled out immense growth, knowledge, and responsibility to be earned over the next three years and will help set the course for the rest of my life as a family medicine physician."

Match Day is a culmination of years of hard work. Congratulations to the following students who matched in a family medicine residency (five of whom will be remaining in Oregon).*

Students	Residency Program	Locale
Gabriel Andeen	McKay-Dee Family Medicine Residency	Ogden, UT
Michelle Bar	McKay-Dee Family Medicine Residency	Ogden, UT
Lindsay Braun*	OHSU Family Medicine Residency	Portland, OR
Stephanie Cheng	Contra Costa Family Medicine Residency	Martinez, CA
Emmy Davison	Swedish Family Medicine Residency/First Hill	Seattle, WA
Ngoc-Truc Duong	Methodist Family Medicine Residency	Sacramento, CA
Andrea Gough	UC Davis Family Medicine Residency	Davis, CA
Katherine Hall	University of Tennessee Family Medicine Residency	Knoxville, TN
Kevin Hunt	Community Health Network Family Medicine	Indianapolis, IN
Gregory Hamilton	Madigan Army Family Medicine Residency	Tacoma, WA
Anuj Khattar	Swedish Family Medicine Residency/ Cherry Hill	Seattle, WA
Adam Kipp	Family Medicine Residency of Idaho	Boise, ID
Betty Liu	University of Utah Family Medicine Residency	Salt Lake City, UT
Geoffrey Maly	Family Medicine Residency of Idaho	Boise, ID
Kira Paisley*	OHSU Family Medicine Residency	Portland, OR
Darbi Seely*	Providence Family Medicine Residency	Portland, OR
Britt Severson	Exempla St. Joseph Family Medicine Residency	Denver, CO
Anne Siler	St. Mary's Family Medicine Residency	Grand Junction, CO
Mathew Snodgrass*	Providence Family Medicine Residency	Portland, OR
Emily Waterman*	OHSU Family Medicine Residency	Portland, OR
Emily Weimer	SW Washington Family Medicine Residency	Vancouver, WA
Kathryn Wolpert	McKay-Dee Family Medicine Residency	Ogden, UT



Kathryn Wolpert is pleased with her match!



Emily Weimer getting congratulated by family members.



Michelle Bar shares her great news with her parents and her fiancé.



ShareCenter. It's the answer.

If you attended this year's OAFP Spring CME Meeting, you were the first to see all that ShareCenter can offer our members. ShareCenter is an online, members-only website that enables you to connect with other OAFP members by asking questions, making requests, suggesting topics and sharing resources. On any given day you can post and find answers regarding

CCO job descriptions, electronic medical records, *Saving Lives*, *Saving Money* presentations, comments about this year's CME meeting and plans for the next, and much more.

It's easy to get started. Simply go to <http://oafpsharecenter.org>. Your user name will be your first name, underscore, last name (ex: john_smith) and the default

password is the initial of your first name, followed by your last name (ex: jsmith). Once on the site you can post a question, a response, add a link to an article or research paper, and much, much more.

So remember, the next time you have a question you wish to pose to your fellow OAFP members, ShareCenter is the answer.

**SAVE
THESE
DATES**

OBSTETRIC ULTRASOUND COURSE

August 11, 2012

OHSU Center for Health & Healing

For more information, see page 9

66TH ANNUAL SPRING CME WEEKEND

SCIENTIFIC ASSEMBLY & CONGRESS, APRIL 11 - 13, 2013

OAFP/FOUNDATION AUCTION, APRIL 12

SALISHAN LODGE, GLENEDEN BEACH, OR

For more information, contact Kerry Gonzales at Oregon Academy of Family Physicians

MEMBERS IN THE NEWS

HONORS, AWARDS AND ACCOLADES



S. MILES RUDD

CAPT. S. Miles Rudd, MD, family physician and clinical director, Indian Health Services, Warm Springs Health & Wellness Center, was recently awarded Honorary Membership in the American Pharmacists Association (APhA) for 2012. Dr. Rudd was recognized for his positive impact on public health, and his support of the pharmacy profession and pharmacists in expanded clinical roles. He was recognized with this award by Marialice Bennett,

President of the American Pharmacists, at the APhA Annual Meeting in New Orleans in March.

CAPT. Rudd provides oversight to several medical departments including pharmacy within the IHS Center. He also is the Chairman of the IHS National Pharmacy & Therapeutics Committee (NPTC). A native of Brown Summit, North Carolina, he earned his MD from East Carolina University School of Medicine and completed the Self Memorial Hospital Family Practice Residency in Greenwood, South Carolina.



MICHELLE BAR

Michelle Bar, recently received the 2012 OAFP Outstanding 4th Year Graduating Student Entering a Family Medicine Residency Award. Michelle has served on the OAFP Board of Directors for the past two years, first as the student-elect and then as the student board member. She attended the AAFP National Conference as a pre-first year medical student and served as the Tar Wars student liaison and co-chair of the Family Medicine Interest Group in her second year of medical school. Her work

was recognized with the receipt of the National Program of Excellence Award by the OHSU FMIG.

With a goal of practicing rural medicine, Michelle will begin her family medicine residency at McKay-Dee Hospital Center in Ogden, Utah in July.



GEOFF MALY

Geoff Maly, received the Robert B. Taylor Family Medicine Award which honors a graduating student entering a family medicine residency program who demonstrates the qualities of the "ideal family physician." A committee of family medicine department faculty and staff chooses the recipient, based on academic rank and humanistic qualities.

Geoff joined the AAFP his first year of medical school and received a scholarship to attend the AAFP Student Resident National Conference last summer. He was co-leader of the Rural Health Interest Group and was selected to be in the Oregon Rural Scholars Program, where he spent 12 weeks working side by side Andrew Janssen, MD, in John Day.

Prior to his admission to OHSU, Geoff graduated from Middlebury College and volunteered at the National Cancer Institute, Office of Complementary and Alternative Medicine. He will begin his residency training at the Family Medicine Residency of Idaho in July.



BILL ORIGER

Bill Origer, MD, Medical Director, Case Management & Clinical Research, at Samaritan Health Services in Corvallis, received second place in the 2012 Oregonian Travel Photo Contest in the "Faraway Places" category. (This is his second such award; he received third place in this category in 2008.)



In December, Dr. Origer took this photo of two young monks praying in the Shinbinthalyaung Temple, in Bagan, Myanmar, in front of a reclining Buddha figure that is 59 feet in length. From the 9th to the 13th century over 10,000 temples and shrines were built in Bagan; today, only 1,000 temples remain.

INTERESTING BUSINESS WE SHOULD ALL KNOW . NEW BOARD MEMBERS ANNOUNCED

A new slate of officers was elected at the Annual Spring CME Weekend. The officers are **Gary Plant, MD**, Madras, President; **Evan Saulino, MD, PhD**, Portland, President-Elect; **Elizabeth Powers, MD**, Enterprise, Vice President; **Lisa Grill Dodson, MD**, Portland, Secretary; and **Peter Reagan, MD**, Portland, Treasurer.

Meg Hayes, MD, Portland, and **S. Miles Rudd, MD**, Warm Springs, are the Delegates to the American Academy of Family Physicians (AAFP) and **Glenn Rodriguez, MD**, Portland, and **Michael Grady, MD**, Silverton, are Alternate Delegates to the AAFP. **Mari Ricker, MD**, Portland, is the OMA Delegate.

Molly Fauth, MD, Hood River, is the Speaker of the Congress and **Marc Carey, MD, PhD**, Portland, is Vice Speaker of the Congress.

In addition, two new board members were elected, **Kevin Johnston, MD**, Burns, and **Sarah Lamanuzzi, MD**, Klamath Falls. **Melissa Jeffers, MD**, Portland, and **Sarah Williams**, Portland, were selected as Resident Director and Student Director respectively.



KEVIN JOHNSTON

Kevin Johnston, MD, is the Chief of Staff at Harney District Hospital and has been practicing at High Desert Medical since graduating from Waukesha Family Practice Residency in 2002.



SARAH LAMANUZZI

Sarah Lamanuzzi, MD, began doing full spectrum family medicine for a federally qualified health center after completing her residency in family practice at Contra Costa in 2006. She has been the Interim Medical Director for Klamath Open Door Family Practice since 2011.



MELISSA JEFFERS

Melissa Jeffers, MD, is currently a chief resident entering her final year at Providence Milwaukie Hospital Family Medicine Residency. No stranger to the OAFP board of directors, Dr. Jeffers was the Student Director to the board while attending OHSU.



SARAH WILLIAMS

Sarah Williams, MS3, is an active family medicine student, involved in FMIG, RMIG, and is in the Rural Scholars Program. She also participates in functions as a Foundation for Medical Excellence Scholar and Gold Humanism Honor Society Inductee.

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